



Raspberry and Candied Walnut Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



345 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz feta cheese crumbled
- ☐ 0.3 teaspoon fresh-ground pepper
- ☐ 2 teaspoons honey
- ☐ 1 tablespoon mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 1 cup raspberries rinsed drained
- ☐ 0.3 cup raspberry vinegar
- ☐ 0.3 cup onion red rinsed drained thinly sliced

- ☐ 0.8 lb salad mix rinsed (1 kind or a combination)
- ☐ 8 servings salad oil
- ☐ 8 servings salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup pieces

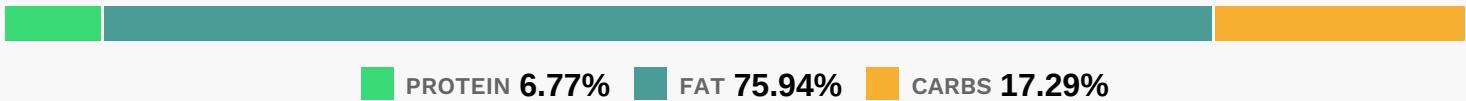
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Lay a 10- to 12-inch-long sheet of foil on a heatproof surface and rub lightly with oil.
- ☐ In an 8- to 10-inch frying pan over medium-high heat, combine sugar and walnuts. Shake and tilt pan often until sugar is melted and amber-colored and until nuts are coated, 4 to 5 minutes total. At once pour walnut candy onto foil.
- ☐ Let candy cool until hard, 12 to 15 minutes. Discard foil; break candy into chunks, put in a heavy plastic food bag, and hit gently with a flat mallet to break into small pieces. If making ahead, store airtight up to 2 days.
- ☐ In a wide shallow bowl, whisk vinegar with oil, honey, mayonnaise, and pepper.
- ☐ Add lettuce, onion, raspberries, cheese, and walnut candy.
- ☐ Mix and season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:43.05, Glycemic Load:7.36, Inflammation Score:-8, Nutrition Score:12.406521734984%

Flavonoids

Cyanidin: 7.06mg, Cyanidin: 7.06mg, Cyanidin: 7.06mg, Cyanidin: 7.06mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 344.67kcal (17.23%), Fat: 29.9g (46%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 13.25g (4.82%), Sugar: 11.33g (12.59%), Cholesterol: 25.97mg (8.66%), Sodium: 531.39mg (23.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.99%), Vitamin K: 60.45µg (57.57%), Vitamin A: 1536.06IU (30.72%), Manganese: 0.47mg (23.59%), Vitamin E: 3.32mg (22.15%), Vitamin B2: 0.29mg (16.87%), Calcium: 168.38mg (16.84%), Phosphorus: 142.29mg (14.23%), Folate: 51.83µg (12.96%), Vitamin B6: 0.21mg (10.57%), Fiber: 2.07g (8.26%), Zinc: 1.21mg (8.09%), Vitamin B12: 0.48µg (8.02%), Copper: 0.15mg (7.57%), Vitamin C: 6.1mg (7.39%), Selenium: 5.04µg (7.21%), Magnesium: 26.97mg (6.74%), Vitamin B1: 0.1mg (6.73%), Iron: 1.1mg (6.11%), Potassium: 191.2mg (5.46%), Vitamin B5: 0.44mg (4.42%), Vitamin B3: 0.61mg (3.07%)